

The Plan to Improve Health in Tulsa County

More than 65+ community partners, led by the Tulsa Health Department and Pathways to Health, have been working together to create the 2017 Community Health Improvement Plan for Tulsa County (CHIP). The overall goal of the plan is to improve the health and well-being of Tulsa County residents in order to become the healthiest county in the state. The CHIP is divided into two priority areas to address access to health resources and health education and education systems.

Access



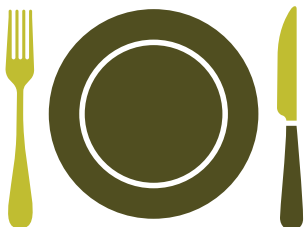
Housing and Transportation

Everyone should have adequate housing and access to transportation in a well-planned, walkable community.



Healthcare

Patients deserve access to quality health care and guidance to make choices to improve their health.



Food

Everyone should have access to affordable and nutritious foods near their home for an active, healthy life.

Education



Educational Attainment

Students need skills and opportunities to further their education in order to live longer and healthier lives.



Health Systems Literacy

Everyone should understand how to use their health insurance, how to navigate the system, and how civic policies can impact health.



Nutrition Education

In order for families to make healthier food choices, they need to learn how to cook and prepare food along with how to obtain and use SNAP benefits.

Health is often determined more by social factors than by medical care. How can we create a community in which everyone has a chance to live a long, healthy life? This plan will address health equity issues and the social determinants of health: the conditions in the environments in which people are born, live, learn, work, play, worship, and age.

We know there are challenges to overcome in order to improve health in our community. In Tulsa County:

13% do not have health care coverage

16% live in poverty

27% spend more than 1/3 of their income on housing

65% are overweight or obese



Factors that affect health

There is no single overarching solution when it comes to addressing these factors, which is why a diverse group of public and private partners are essential to drive healthy change.

So what can you do?

- Adopt recommended healthy lifestyle changes and encourage your friends, family and co-workers.
- Get involved! Connect with Pathways to Health on Facebook and our website to find out what is happening in your community and how you can participate. Check out what local partners are doing to improve health in the Live Stories section.
- Collaborate with other agencies on grant opportunities.